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Iowa State Daily (February 27, 2014)

Iowa State Daily

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MAKING CONNECTIONS

“It’s an opportunity for our students to be...with so many other young African-American leaders, to have that kind of powerful weekend where they’re meeting folks.”

Sylcester Gaskin, program coordinator of multicultural student affairs

ISU hosts 37th Big 12 Conference on Black Student Government

By Jaden.Urbi
@iowastatedaily.com

Beginning today, about 450 participants from universities as far north as Minnesota and as far south as Texas will check in to the Memorial Union for the 37th Annual Big XII Conference on Black Student Government.

The theme of this year’s conference is career and leadership development.

“As you educate, train and provide experiences for any segment or population, they then will contribute to the whole community. The whole community is going to benefit as we develop more leaders and stronger leaders. They will benefit from the gift of leadership and the strong efforts from the leaders involved,” said Tom Hill, vice president of student affairs.

The Big XII Council on Black Student Government puts on the conference every year. This council is made

up of the Black Student Governments from the institutions in the Big XII conference. Preference is given to students from Big XII schools, but people come from all over the midwest.

Participants have the opportunity to attend a number of social events as well as more than 60 workshop sessions throughout the weekend in the Memorial Union and the Scheman Building.

The event location rotates through the Big XII to a different school each year.

The last time the conference was hosted at ISU was in 2006 and the faculty and students involved are excited to host it again this year. Two co-chairs and a variety of students on a planning team have been working to put this event together since last year’s event at Kansas State University.

“Ever since we got back from the conference at Kansas State it has just been moving forward, moving fast, trying to get everything done and trying to make it the way that we would want it here at Iowa State,” said Sylvester Gaskin, program coordinator of multicultural

CONNECT p3 >>



Jonathan Krueger/Iowa State
GSB election commissioner Adam Guenther speaks during GSB court on Wednesday.

Ruling of Guenther v. Snell case to be released

By Emelie.Knobloch
@iowastatedaily.com

The Government of the Student Body Supreme Court hearing for the suit between the GSB election commissioner and a presidential candidate was held Wednesday night.

“Last Wednesday, the election commissioner told GSB presidential candidate, Barry Snell, that he would not be allowed to participate in the debate if he did not submit 500 signatures by Friday, Feb. 21,” said Michael Belding, council for Barry Snell.

Snell submitted 184 signatures on the deadline for the petition of signatures, according to Guenther.

Belding said this came as a surprise to Snell because the election code neither indicates nor suggests a relationship between petitions and eligibility to adhere in the official sponsored debates.

The conversation regarding Snell’s eligibility in the debate initially took place on Facebook messaging.

Guenther was the advisor for the Snell/Vos campaign.

“It was an advisory opinion between two friends when it was on Facebook and it became official when I emailed him that he was no longer on the ballot over this weekend,”

GSB p3>>



Miranda Cantrell/Iowa State Daily

Hillary Kletscher, junior in biological systems engineering.



Miranda Cantrell/Iowa State Daily

Richard Martinez, freshman in journalism and mass communication.



Miranda Cantrell/Iowa State Daily

Barry Snell, senior in history.



Miranda Cantrell/Iowa State Daily

Khayree Fitten, sophomore in political science.



Tiffany Herring/Iowa State Daily
First national Bank will begin operations out of its new office at 119 Stanton Ave., Suite 101 on March 3. The new location is housed on the ground floor of the Legacy apartment building.

Candidates make final appeals

By Emelie.Knobloch
@iowastatedaily.com

The Government of the Student Body presidential candidates will gather together to give their final speeches until election day.

The 2014 GSB presidential debate will be at 6 p.m. tonight in the Cardinal Room of the Memorial Union.

Spencer Hughes, GSB president, said the debate process has been updated from previous years.

“In the past, two executive debates were held where the presidential and vice presidential candidates would all gather together to discuss the issues,” Hughes said.

Hughes said that, for the first time, they have instead held one vice presidential debate and one presidential debate for the candidates of those respective offices.

“This allows each candidate to stand on their own and discuss

their merits for each respective office individually,” Hughes said. “I believe this is a significant improvement.”

Hughes said Thursday’s debate is the only presidential debate for the 2014 campaign.

“The debate is an opportunity for them to express their own vision for Iowa State and question the other candidates as their opposing views,” Hughes said.

This will be the last major opportunity for students to hear from both presidential candidates before voting begins.

“Candidates should be focusing on how they will make our campus a better place, how they will support student organizations and how they will serve students, not themselves, in office,” Hughes said.

Hughes said he doesn’t think regular students could care any less about the petty internal gossip that has been a fo-

cus for some throughout this campaign.

“It has only served as a distraction to the real work that is ongoing for us as we continue to improve the student experience,” Hughes said.

Hughes said he has the expectation that all candidates will behave in an appropriate manner and will discuss the issues important to Iowa State students.

The moderator of the presidential debate will be Jake Swanson, a member of the election commission.

“Jake is highly qualified to moderate a GSB presidential debate, as he was candidate for the office himself in the 2012 election and is a former GSB senator,” Hughes said.

Hughes said at this point, the election commission has voted to prevent any student that will not be on the ballot for president from participating in the event.

“Mr. Snell falls un-

der that ruling and has appealed it to the [GSB] Supreme Court,” Hughes said.

Hughes said that if the Supreme Court does not issue a ruling prior to the debate, then the election commission’s decision will remain in effect.

“If this happens, only the two candidates on the ballot for president, Khayree Fitten and Hillary Kletscher, will be able to participate in the debate,” Hughes said.

Adam Guenther, GSB election commissioner, said he thinks general issues in the Government of the Student Body will be addressed, but specific issues dealing with the student body as a whole will also be addressed.

“The court hearing will determine if Barry Snell and Richard Martinez will be allowed to debate if they still wish,” Guenther said.

The GSB elections will be March 4 - 5, vote takes place online at vote.iastate.edu.

Bank to relocate to non-traditional space

By Kelsey.Batschelet
@iowastatedaily.com

First National Bank’s Campustown location is preparing to relocate as its building is slotted for redevelopment.

The location at 2330 Lincoln Way will be vacated at noon Feb. 28, and the bank will begin operations out of its new office at 119 Stanton Ave., Suite 101 on Mar. 3. The new location is housed on the ground floor of the Legacy apartment building.

The Lincoln Way building, owned by Ames National Corporation, is in the process of being purchased by the Providence, R.I. development company Gilbane. Gilbane intends to demolish the building and construct a six-story apartment building with commercial retail space on the ground floor.

First National Bank expects to move back into the commercial space at the Lincoln Way location after the redevelopment.

“We just need to work out a lease with them,” said Scott Bauer, president at

First National Bank.

Bauer said that the location in the redeveloped Lincoln Way building will be “a branch based on how people will be banking in the future.”

The space in the Gilbane building will have fewer conventional bank characteristics, such as the traditional teller windows, and may include more automation options.


First National Bank hopes that when it moves back to Lincoln Way it can embrace the technological advances in banking by deviating from the traditional bank environment.

“The accessibility will be the same, but how it’s set up inside will hopefully appeal more to the students,” Bauer said.

“Technology has really changed the way our customers are banking, like all of the mobile banking and online banking. We’re just trying to incorporate that into the branch,” said Nicole Gebhart, vice president of First National Bank.


BANK p3 >>

Weather




THURS
-7|0

Sunny and cold.



FRI
-1|17

Chance of light snow.



SAT
0|6

Chance of snow.

Provided by ISU Meteorology Club

Calendar

Find out what's going on, and share your event with the rest of campus on our website, at iowastatedaily.com.

Thursday

Cyclone Cinema:
‘12 Years a Slave’
When:
7 p.m.
What:
A showing of the film, “12 Years a Slave” by the Student Union Board. SUB shows a movie every week on Thursday, Friday, Saturday and Sunday. Concessions will be for sale.
Where:
101 Carver Hall

The Global Pandemic of Physical Inactivity: An Urgent Priority for Public Health
When:
7 p.m.
What:
Harold (Bill) Kohl has worked to promote exercise and fitness as a public health priority. He helped create the first U.S. Physical Activity Guidelines and is an advocate for increasing physical activity.
Where:
Great Hall, Memorial Union

Correction:

In Monday's article about the GSB presidential candidates presenting their platforms at the GPSS meeting, the second and third paragraphs mistakenly attributed Hillary Kletscher's platforms to Khayree Fitten.

The paragraphs should read “Kletscher started off his platform by reminding graduate students that GSB is for graduate students as well as undergraduate students. She said that services like CyRide and the child care program not only help undergraduate students, but graduate students as well.”

The Daily regrets the errors.



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Dietetics program changes increase competitiveness among students

By Lani.Tons
@iowastatedaily.com

The dietetics program at Iowa State is becoming more competitive by changing its curriculum and guidelines.

“People are attracted to Iowa State because it's known for its dietetics program,” said Alison St. Germain, instructor for the dietetics internship program and clinician for the food science and human nutrition department.

St. Germain said Iowa State is known for having the largest dietetic internship in the nation.

It's not just the program itself that captures the public eye, but also the faculty and staff.

“We have highly-qualified faculty and staff who work with the dietetics program and our students. Students receive excellent academic training, as well as individualized guidance from advisors and faculty,” said Pamela White, dean of the College of Human Sciences.

The strong undergraduate program is going to become more competitive for students. Coming up in fall 2014, once students make it into the system, the competition begins.

The first two years in the dietetics program is titled pre-dietetics. This includes courses that will introduce the student to the basic principles and practices of human nutrition and sciences, such as organic chemistry, biology and human anatomy.

After the student has completed the first two years in pre-dietetics, he or she must meet the requirements to apply for the official program.

In addition to a GPA of 3.0 or higher, there is an

application process and consideration of volunteer work in the field.

“It's kind of stressful going into it, applying. You spend basically your whole fall semester of your senior year preparing your application,” said Sarah Wenum, senior in dietetics. “You have to even start thinking of [the application] before the fall of your senior year.”

St. Germain said the reason for these requirements is so that Iowa State will be “putting out high-quality dietetics students that will be eligible for the dietetic internship.”

The Iowa State Dietetics Internship receives its accreditation from the Accreditation Council for Education in Nutrition and Dietetics by the Academy of Nutrition and Dietetics.

According to St. Germain, the students will undergo 1,250 hours of this fast-paced internship.

“You want to have things to put on your application that are going to make you stand out as a strong applicant,” Wenum said.

During the six-month period, students undergo five weeks of training in community settings, like sports facilities or geriatric organizations.

“I have been looking at internships, focusing on food service management, and we've definitely had classes that will be beneficial for an internship, and all internships for that matter,” Wenum said.

The next five weeks of the internship fit right in that category. There is training in food service management, like serving food in a hospital.

“A course that I have felt that has benefited me was HRI 380 Lab, which



Jonathan Krueger/Iowa State Daily
Willy Wu, junior in food science, prepares food in his Food Preparation Lab class in MacKay Hall. The class is part of the dietetics program at Iowa State that has been gaining interest.

is basically a student-run restaurant on campus,” Wenum said.

In this lab, students are taught how to work as a kitchen manager and work in the food service industry. This involves ordering, purchasing and the receiving of food items.

“I think it will be beneficial because it was a hands-on experience and will be directly related to what we'll be doing in our actual internship,” Wenum said.

Then there will be 15 weeks in medical therapy, which are in hospitals and outpatient systems.

“It's competitive now, but its going to be probably more so [with students] having to have a 3.0 GPA,” St. Germain said.

For those who do not qualify for the dietetics program, opportunities to pursue and move forward in the nutrition, wellness and health program is an available option.

This new program is

focused on education and community-based systems in health studies. It is not as highly science-based as the dietetics program would be if a student were to continue on in that program. He or she wouldn't work medical-type cases, like a dietitian would and are not eligible to take the registered dietitian exam.

After a student graduates from the dietetics program with a bachelor's degree and he or she passes the ISU dietetic internship, the register dietitian exam is next on the agenda. A student is eligible to sit for the registration exam to earn the title.

“[An RD is] a nutrition expert because they have all this science and biochemistry to help those who have medical problems,” St. Germain said. “The RD title shows that a student has “gone through four years of school, gone through an internship and then taken the registration exam.”

The Global Pandemic of Physical Inactivity



An Urgent Priority for Public Health

For nearly thirty years, Harold (Bill) Kohl has worked to promote exercise and fitness as a public health priority. He helped create the first U.S. Physical Activity Guidelines, which were published in 2008, and is an advocate for increasing physical activity among adults and children, including in K-12 school environments. Kohl worked previously for the Centers for Disease Control, where he served as the lead epidemiologist and team leader for the National Center for Chronic Disease Prevention and Health Promotion. He is currently a professor of epidemiology and kinesiology at the University of Texas School of Public Health.

The Pease Family Scholar

Bill Kohl

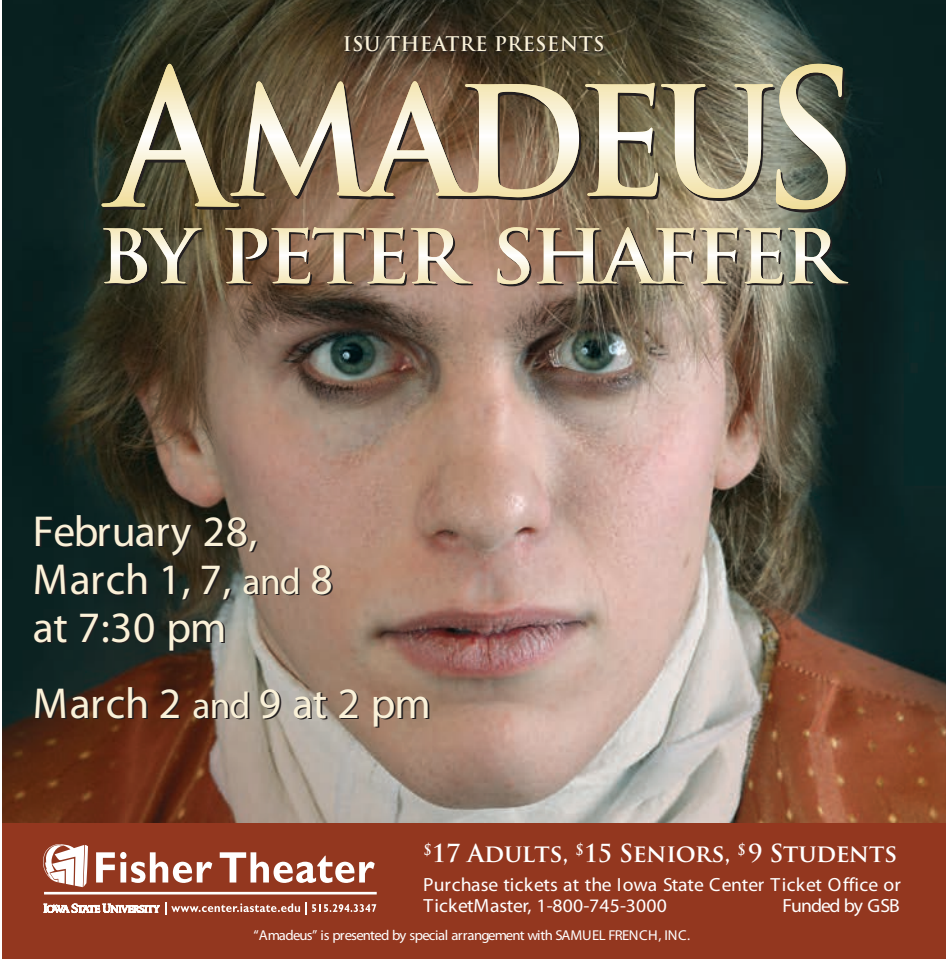
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PERIODICALS POSTAGE



Refurbished wind tunnel aids in ice research

By Morgan.Ball
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Iowa State's 20-year-old icing research tunnel is refurbished and ready to be put to work.

"The wind tunnel allows us to conduct experiments," said Dr. Hui Hu, professor of aerospace engineering. "The tunnel also allows us to generate speed while controlling the temperature."

The purpose of the research is to understand how ice builds up on certain objects.

It took three years to refurbish the research tunnel, which was donated 20 years ago by the Goodrich Corporation, which is now VTC Aerospace Systems. The project required polishing, repairing and repainting.

Wind turbines and airplane wings are the prime area of study. The experiments test the thickness of the ice, heat transfer and what materials affect ice buildup.

Hu said the tunnel allows temperature control up to -20 degrees Fahrenheit.

"Currently, we are doing research on the water transport behavior over airfoil surface," said Kai Zhang, graduate assistant in

aerospace engineering. "During the aircraft icing process, there will be water film, beads and rivulets if the ambient temperature is relatively higher and liquid water content is high."

The tunnel can control the temperature and calculate the mass of the ice that forms in certain environmental conditions.

The ice on wind turbines and airplane wings have similar fundamentals, but the geometry and heat transfer is different. Therefore, the experiments will be slightly different.

There is a variety of experience levels working on the research project. Two professors, two graduate students, one post doctorate student and several undergraduate students make up the research team.

The team is also split up into full time, part time and temporary. Zhang is working on the project for two years while he is in graduate school.

"The amount of experiments that are conducted depends on the progress," Hu said. "Collecting the data is the quickest part, but setting the experiment up and making sense of

the data is what takes the longest time."

There have been recorded accidents of ice falling on cars and creating damage from wind turbine wings. Some towns have even protested against the placements of wind turbines.

The research will help to solve these issues and create the most efficient systems to help prevent the ice buildups.

The research team reports their data by publishing a research paper and working directly with the industry. The industry are the ones who have an interest in actively acting on the real applications and demonstrating the new practices.

Zhang said the project's main goal is doing the experiments under real icing conditions to reveal important water transport behaviors that are pertinent to the icing phenomenon. Zhang hopes the research will enhance the understanding of the icing process.

"The most difficult part of researching is finding funding," Hu said. "It is important to show the ones funding that we are solving the problems, so therefore, we can continue researching."



Jeremy Andrews/Iowa State Daily

Model wind turbines, made by students to help study them, sit in Professor Hui's office. Hui is one of the researchers using wind turbines to experiment and better understand how ice builds up on certain objects.

ISU presents accreditation reports for four programs to Board of Regents

By Danielle.Ferguson
@iowastatedaily.com

Iowa State was the first of the three regent universities to present program accreditation reports to the Board of Regents. The reports were presented on Wednesday.

"It gives us an opportunity for the people who are responsible for leading the programs to kind of show their pride with what's being done and talk a little bit about where they want to head," said Regent Katie Mulholland.

Accreditation is a process of program validation in which colleges, universities and other higher education institutions are evaluated.

ISU programs reported were those of architecture, engineering, design, didactic and dietetic internship.

Senior Vice President and Provost Jonathan Wickert said the meeting was an opportunity to take a deeper look into programs. Presentations focused on what students are learning and student job opportunities as well as the accreditation reports.

Department chairs and deans took the opportunity to highlight aspects of their programs and to share the value of having an accredited program.

Accreditation recognizes programs as meet-

“It gives us an opportunity for the people ... leading the programs to ... show their pride.”

Regent Katie Mulholland

ing state and national standards. Some employers, graduate schools and licensure and certification boards require graduation from an accredited program.

In order to become licensed in architecture or engineering, for example, a student must graduate from an accredited program.

The College of Engineering accreditation report shared information on its 12 academic programs across eight departments. The college holds the largest department at Iowa State. Mechanical engineering with 1,943 students, said Gary Mirka, associate dean for academic affairs.

"One of the important parts of the brand of the college of engineering is the experience of hands on learning," Mirka said.

Eight of the 12 pro-

grams showed no shortcomings in the accreditation process, Mirka said. One area of concern included a shortage of courses. A question raised was that of the female percentage within the College of Engineering.

The College of Engineering has about a 15 percent female enrollment, compared to a national average of about 18 percent.

Dean of the college, Sarah Rajala, said this is something she wants to change. She said Iowa State is working with K-12 programs to raise interest in engineering among young girls.

The Didactic in Dietetics and Dietetics Internship Program accreditation reports were also shared. Iowa State has the only didactic program in the state of Iowa and holds the largest dietetics internship program in the world, said Anne Oldham, director of the didactic program.

"In Iowa, education is our biggest industry," Mulholland said to the room.

The committee will hear reports from University of Iowa and University of Northern Iowa, as well. Reports of how the three universities plan to improve their programs will be given at the March 12 board of regents meeting.

Accreditation process

- Accreditation is a process of program validation in which colleges, universities and other higher education institutions are evaluated.
- Standards are set by a peer review board.
- Programs are assessed on different aspects depending on the program, but some criteria include: program mission, objectives and goals, student admission requirement, student services, education quality, faculty and student performance.
- Iowa State University is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools.



Iowa State Daily

Iowa Board of Regents member Katie Mulholland takes part in a Board of Regents meeting in the Sun Room of the Memorial Union. Accreditation reports were presented Wednesday.



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>>BANK p1

First National Bank will be at the Legacy location for about 18 months before they are able to move into the rebuilt Lincoln Way space.

The branch will continue to provide the same services to customers at its temporary location, but will not have a drive-up window. The Legacy address has a night deposit box, and there are two First National Bank ATMs on Welch Ave. near CopyWorks and Jimmy Johns.

The weekday hours will remain the same, 8:30 a.m. to 5:30 p.m. However, the branch will no longer be open on Saturdays.

The change in Saturday hours is another response to the modification of banking methods, which require less face-to-face interaction.

Bauer said that First National Bank hopes to use the opportunity of moving into the Gilbane building in 18 months to create "the branch of the future."

>>CONNECT p1

student affairs.

Tonight there are a variety of fun events as a way for participants to settle in after their travels said Gaskin. The events Thursday are for everyone to relax and get to know each other after traveling.

Dean of Students, Pamela Anthony will give an opening speech at 8 a.m. Friday in Benton Auditorium in the Scheman Building. There will be workshop sessions mainly focusing on leadership and

career development.

The workshop sessions are hosted by a variety of people, from Iowa State students to staff from career services in each college. In addition to the workshops there is an array of keynote speakers. Keynote speakers this year consist of ISU faculty, members of the Ames multicultural community and popular speakers from outside the Ames area.

The Big XII Conference has the power to make a positive impact on not only the participants, but also the world around them.

"It's an opportunity for our students to be in an environment with so many other young African-American leaders, to have that kind of powerful weekend where they're meeting folks, they're making networks, they're making connections. That wouldn't happen if we didn't have this conference," said Gaskin.

The conference shows what environment Iowa State has to offer to potential graduate students and employers from the mid-west Gaskin said.

>>GSB p1

Guenther said.

Guenther said that 500 signatures is a benchmark to get placed on the ballot.

Ryan Peterson, associate justice of the GSB Supreme Court asked Guenther what the harm was to the election commission if Snell was allowed to debate.

"I think it undermines the process of the elections," Guenther said. "You have two candidates, Mr. Fitten and Ms. Kletscher that have successfully remained

as formal candidates and will be participating in the debate."

Guenther said that if Mr. Snell is included in the debate it undermines the hard work and integrity of the election by allowing some one who has not met the same requirements.

"I think we have established that there is no formal definition of a candidate within the election code," said Dylan Camp, associate justice of the GSB Supreme Court.

The verdict of the hearing will be announced at an unknown time today.

Editorial



Miranda Cantrell/Iowa State Daily
Starting March 1, Bibles will be removed from hotel rooms in the Memorial Union. The removal stems from a complaint by a guest of the hotel.

Removing Bibles from hotel rooms is correct decision

Iowa State University was put in a difficult position after a complaint was recently filed by a Memorial Union hotel guest who was displeased to find the Bible in his hotel room. The guest proceeded to file a complaint with the Freedom from Religion Foundation, saying the Memorial Union's hotel is a government owned hotel, as it is part of the university. The university was thus placed in a position that would certainly leave members of the public upset on one side of the issue or the other.

The Memorial Union has since made the decision to remove the Bibles from their rooms and instead place them in the Browsing Library located within the Memorial Union by March 1.

However, as John McCarroll, executive director for the office of university relations, explained in an article that published on Tuesday, anyone staying at the hotel will still have the ability to have a Bible in their room.

"The Bibles will be moved to the Browsing Library, which is located downstairs in the same building. When a guest checks into the hotel they will be given the opportunity to request that any publication in the browsing library, the Bible and many other religious texts included, be delivered to their room," McCarroll said.

A similar situation, also involving the Freedom From Religion Foundation, took place at the University of Wisconsin when a guest complained of finding Bibles in lodges owned by the university. The University of Wisconsin soon removed the Bibles from the rooms and placed them behind their registration counter and made available upon request.

There is not a better answer that anyone could hope for in either situation. Those wishing to have a Bible, may, just as those looking for any other text, make the request to have it delivered to their rooms. Everybody wins, period. And in Iowa State's case, it actually makes more copies of the Bible, along with other religious texts, easily available to anyone in the publicly accessible Browsing Library. Why would it be better to leave a Bible untouched in a nightstand drawer when more copies can be available to everyone, every day?

This was not the university "giving in" to a silly complaint. It was the university responding with a solid solution that solved a problem in a timely manner. Honestly, the public could not have asked for a more fair and equal solution to the complaint.

Some individuals may be angry that the Bibles were ever solely offered in the rooms to begin with, while others may feel that the individual who complained should have simply ignored the religious text in his nightstand drawer, but the situation did happen and the only available option is to move forward in the most appropriate manner possible. Our university has done this with flying colors.

The complaint could easily have gone on longer, and been a much uglier fight if the university chose to react in another manner.

The idea that any party surrounding this complaint lost the argument is preposterous. No religion is being placed above another when it comes to what is being offered as reading material in the hotel rooms, yet at the same time, all are given the equal opportunity to have their rooms tailored to their personal preferences.

The Memorial Union and the university deserve recognition for handling a complaint that involved strong, and often volatile, feelings on both sides with tact.

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Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s), and year in school of the author(s). Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

Social media not for judgement, ridicule

Facebook and Twitter users should not have to censor online profiles

By Curran.McLaughlin
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The current population of the developed world has almost completely submerged into the use of social media. With over 1.15 billion users on Facebook and over 500 million Twitter users, anybody walking down the street has a good chance of being active on a social network. Social media is a place where people can keep constant contact with what matters most to them, whether that be friends, music or any other form of media. As the medium keeps growing, though, users find that they have to continually keep up with their profile to avoid conflict with possible employers, family members and peers.

The internet should not just be another place where people have to worry about their appearances, it should be place where people can simply be themselves and let go.

Perhaps a large portion of this problem is that the internet is not the same as being in public. A person typically is accessing their social media from their phone, tablet or through a computer when they have downtime. Surfing the internet, like a micro-blogging website, is typically an activity done alone.

When a person is on their Facebook or Twitter account, they do not interact with people the same way that they would with a person sitting right next to them. Since there are no personal interactions on the website, a person will act differently towards the general audience that they will reach.

Social media should not be a place for one to straighten out their life or to appeal to future employers. The point of social networking is for entertainment and interaction. It is a place where college students, high school students and young adults alike can go to blow off steam. Individuals can go online and talk about shows or events that they are watching, learn about developments with a favorite celebrity or musician or vent to the faceless web about problems or concerns that they might have about their own life.

Social media has become a defense mechanism. It has allowed us the ability to act on one's own emotion in a social setting without the pressure of being present in a real life public setting. People want the ability to release emotions felt from the stress of living life and social media is a more acceptable alternative than having a nervous breakdown at the local grocery store.

Teens who are faced with suicidal thoughts or depression sometimes find their profile as a way to reach out for assistance. Social media is the second most common way for teens to seek for help and is even more common than calling a suicide hotline. Teenagers may feel more comfortable talking about there problems in a less personal setting because they will not feel as harshly judged through a computer screen.

Others use social media to reach



Iowa State Daily

McLaughlin argues that social media such, as Facebook and Twitter, are meant to be used as outlets. People should not have to worry about keeping up appearances online.

to strangers and open up or discuss personal issues while escaping from complete judgment by their peers. For example, Katie Byrd, a 30-year-old pregnant woman living in Indianola, has taken to Twitter recently to cope with the frustration and challenges of living as a soon-to-be single mother working two jobs.

On her profile, she often quotes the uncouth comments her friends, family, co-workers make and adds her own twist of sarcasm as way to channel her anger.

Many people also go to social media sites which allow anonymous accounts solely for that purpose. Without the fear of people discovering who they are, an upset teen or disgruntled employee can release their full range of emotions.

At Iowa State there are several examples of how students take advantage of internet anonymity to express feelings of admiration, guilt, or just simply to share an embarrassing or crazy story. Several Twitter accounts

such as @CycloneCrushes and @MWLConfessions have gained popularity on the premise of college students sending anonymous message to the account to be shared with its followers.

For instance, Cyclones Crushes lets an anonymous student describes another that they have seen during their day that they wish to express their enamor or sometimes simply lust for. "Blonde with purple pants at the library yesterday, hey," an unidentified admirer said earlier this month. These students might rely on these accounts because they are too scared to come out and talk to an attractive guy or girl.

Behind the safety of Cyclone Crush they can get what they want to say off their chest, possibly as a way to build up confidence to talk to them the next chance they have to see him or her.

Social media accounts are more than just a censored page of someone's public image. They are a wonderful place for people to express their feelings yet retain a sense of seclusion from brutal peer judgment.

Accepting flaws creates better sense of self

By Cara.Liu
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Have you ever felt shame when you said or did something out of place, and then never wanted to do it again because the experience was so humiliating? We have all told ourselves, "I'm not [blank] enough", with the [blank] being anything that we feel we are lacking. Though we have all felt this way, there is a simple solution to such feelings of shame. Dr. Brene Brown of the University of Houston, said in a 2012 TED talk that the only antidote for shame is to acknowledge its existence, an act that involves us to be open and vulnerable to our feelings — especially shame.

Of course, this all sounds incredibly counter-intuitive. I myself was doubtful and treated the claim like a suggestion from Dr. Phil, but after further reading and some serious soul-searching, I am quite sure that being vulnerable would be the be-all-end-all to many of our problems as well as the key to love and happiness, also known as the secret of the universe.

From a young age, we have been taught to follow the rules or risk being an

outcast. Aside from knowing things like not to chew gum in class, we also learned to abide by certain unspoken social rules set by our family, friends, and teachers. Personally, I learned very early on in elementary school that the contents of your lunch determine how much respect your peers would have for you, and that fried vegetables with noodles did not put you in their favor. After that, I started to stick to "safe" lunch items such as sandwiches and fruits.

When I started investing my reputation into what people said about my lunch, I became nervous and unsure because my worth as a person was in the hands of my peers. Many people cannot think 'outside the box' because the cookie cutter culture they grew up in just did not encourage it.

Some people use shame to control others, either without being aware that they are doing it, or intentionally, as a way to keep them in their place. One young mother who is a friend of mine admitted she would criticize her child because she feared that he would grow up too proud and would not be able to handle criticism, thinking that she is preparing her

child for the so-called real world. It seems that shame is such a part of our culture that it even implants itself in child-rearing simply because it is so widespread.

Such total conditioning to condemn those who are different prevents us from being honest with ourselves. For example, many young women learn that we need to be perfect at everything we do and are, despite the fact that we know how ridiculous such an expectation is. To hide our insecurity about not being pretty, smart, slim or friendly enough, we judge how other girls hold up to the same ludicrous standards.

Young men have been known to do the same, except that for them, it is all about being tough. They prey upon other guys who are not as strong or masculine in order to hide their fear of being soft and weak. Shame prompts us to act in ways we are not proud of, and it becomes very dangerous when we equate our achievements and failure to love and belonging, or lack thereof.

When there are such high stakes placed on our ability to perform or conform, we lose touch with ourselves and our lives. We can start to feel fatigued and

depressed, and we either retaliate with anger or we numb ourselves with some kind of stimulus, like entertainment, drugs, alcohol or sex.

Too often, we are so eager to reject or hide from a sense of hopelessness that we cannot even begin to decipher. We create an addiction to these stimuli. Ironically, being aware of this auto-pilot phenomenon in yourself is the first step to getting rid of it. This is not cause for worry, as it is not nearly as painful as it sounds. The cure, according to Dr. Brown, is to stop propagating thoughts of shame by seeing shame for what it really is and by sharing your hurt and troubles with others. This requires that you be attuned to your emotions, to your state of mind and to the warning signs that tell you to take a step back.

When we let ourselves acknowledge that we are flawed, just like everyone else, we allow ourselves to be more human, and thus more capable of empathy and compassion. We are connected through our experiences with shame, and by supporting each other instead of competing with one another, we can foster a community that is both genuine and kind.

‘Amadeus’ set for opening night Friday

By Liz.Cleaveland
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The countdown for opening night of ISU Theatre’s “Amadeus” has finally hit the 24-hour mark.

“Amadeus” is the clashing of two phenomenal and unforgettable composers, Wolfgang Amadeus Mozart and Antonio Salieri.

Carter Roeske, junior in performing arts, will be portraying Count Orsini-Rosenberg and is nervous for when the curtain will rise.

“I am nervous actually, for me it’s always a little more nerve-racking doing a straight play than a musical because I don’t have the structure of the music to fall back on,” Roeske said.

However, he is confident that this week’s tech and costume rehearsals have helped to smooth out the little hiccups.

Roeske said that the women in the cast have been wearing rehearsal skirts and corsets which take ten minutes to put on.

“I expect it should take about 20 minutes for the men and 30 for the women, and that is with help and not including makeup and hair or wigs,” Roeske said.

Christopher Priebe, junior in performing arts, is not the only one who has butterflies about opening night. He has landed the role of Salieri, a composer that was instrumental in the development of 18th century opera.

“I am anxious, excited at the prospect of telling a haunting and powerful story of desperation and rejection, and nervous about how that will be experienced,” Priebe said.

Priebe notes that the music itself is a character in the show



During a dress rehearsal at Fisher Theater, Mozart (Mason Tyer) attempts to convince his mentors of the significance of his latest composition. ISU Theatre members have spent a large amount of time working on the production, practicing four to five nights a week.

Liz Berger/Iowa State Daily

and would like to credit playwright Peter Shaffer for outlining and providing the recorded music.

Although this tragedy is mostly fictionalized, the students performing them have put forth their best efforts in making the tale believable.

Every performance put on by ISU Theatre requires an

enormous amount of work. Rehearsals begin five to six weeks before the premiere and are four to five nights a week, each session lasting about four hours.

Since theatre is a collaborative art, students must come together as one unit. The characters they portray come to life through fostering what is

already known and going from there.

“I think the audience will enjoy the wonder and power in this world. This team is incredible and through everyone’s hard work and Shaffer’s words, I think we have crafted a tale of Mozart’s music not often told: the madness behind the immortal music,” Priebe said.

Showtimes

- What: Amadeus
- When: 7:30 p.m Feb. 28 and March 1, 7, and 8; 2 p.m. March 2 and 9
- Where: Fisher Theater
- Cost: Adults \$17, seniors \$15, students \$9

Daily staff members predict Academy Award winners



Prepare for Sunday’s event with these favorites

By ISD Staff

Need a cheat sheet before the Academy Awards this Sunday? 247 writers Jarret Quick, Nick Hamden and Jordan Mains, along with 247 assistant editor Maia Zewert and Editor-in-Chief Katelynn McCollough share their predictions before the ceremony.

Best Picture:

Jarret Quick: ‘12 Years a Slave’

It’s one of the best Civil War dramas in recent memory and every almost performance was top notch.

Nick Hamden: ‘12 Years a Slave’

Trust me, after having seen all nine of these movies, there is now way this film doesn’t walk away with the ultimate prize.

Jordan Mains: ‘Gravity’

It’s a great film with excellent effects and seems to be universally liked by everyone.

Maia Zewert: ‘12 Years a Slave’

The film took top prize at both the Golden Globes and the British Academy Film Awards, and I think the momentum will carry over to the Oscars.

Katelynn McCollough: ‘12 Years a Slave’

There’s more than a few movies in contention for this category, but ‘12 Years a Slave’ pushed some boundaries, which will give them the win in the often politically motivated Academy Awards.

Best Actor:

Quick: Matthew McConaughey, ‘Dallas Buyers Club’

I was blown away by McConaughey’s performance against his traditional type in ‘Dallas Buyers Club.’ Playing against his type has worked well for him.

Hamden: Chiwetel Ejiofor, ‘12 Years a Slave’

Although a really great list this year, how could I not give it to Ejiofor? He knocked it out of the park and presumably also is in the Best Picture of the year.

Mains: Leonardo DiCaprio, ‘The Wolf of Wall Street’

Although I haven’t seen his performance in ‘The Wolf of Wall Street,’ he is long overdue to finally earn an Oscar

Zewert: Matthew McConaughey,

‘Dallas Buyers Club’

I was a fan of McConaughey back when he was in ‘How to Lose a Guy in 10 Days.’ He’s come a long way, and he deserves this. If not him, I’d love to see DiCaprio (finally) win.

McCollough: Leonardo DiCaprio, ‘The Wolf of Wall Street’

Poor Leo, he’s watched the little golden man go home in someone else’s arms before. His energy driven performance in ‘The Wolf of Wall Street’ will finally get him that statue he’s been waiting for.

Best Actress:

Quick: Sandra Bullock, ‘Gravity’

‘Gravity’ may be effect heavy, but Bullock’s driving performance held the film together.

Hamden: Cate Blanchett, ‘Blue Jasmine’

A bit harder, given three stand out performances, but my money is on Cate. She redefined the mid-life crisis.

Mains: Cate Blanchett, ‘Blue Jasmine’

I’ve heard her performance in Blue Jasmine is breathtaking.

Zewert: Cate Blanchett, ‘Blue Jasmine’

I have to agree with my father; this one is Blanchett’s to lose.

McCollough: Cate Blanchett, ‘Blue Jasmine’

‘Blue Jasmine’ might not be at the front of every movie goers minds this award season, but there is no doubt Cate Blanchett should be preparing for her acceptance speech now.

Best Director:

Quick: Steve McQueen, ‘12 Years a Slave’

‘12 Years a Slave’ has stayed with me since I say it several months ago, and I that credit McQueen’s unflinching directorial style.

Hamden: Martin Scorsese, ‘The Wolf of Wall Street’

Kind of a tossup, but let’s give it to Scorsese because he wins them a lot and made Jonah Hill a two-time Academy Award nominee.

Mains: Alfonso Cuarón, ‘Gravity’

Like I said before, it’s a great film with fantastic effects.

Zewert: Alfonso Cuarón, ‘Gravity’

Once you see this movie, you will understand why Cuarón deserves this. That said, I wouldn’t be upset to see Scorsese take it home.

McCollough: Alfonso Cuarón, ‘Gravity’

Alfonso Cuarón’s blockbuster Gravity might have a tight race for Best Picture, but he should be a shoo-in for the Best Director nod.

Best Supporting Actor:

Quick: Jared Leto, ‘Dallas Buyers Club’

Even against McConaughey’s powerhouse performance, Leto steals scene after scene in ‘Dallas Buyers Club’.

Hamden: Jared Leto, ‘Dallas Buyers Club’

He kind of looks like my favorite hockey player, Henrik Zetterberg and he is basi-

cally a shoo-in.

Mains: Barkhad Abdi, ‘Captain Phillips’

He does an excellent job as the antagonist.

Zewert: Jared Leto, ‘Dallas Buyers Club’

His performance in ‘Dallas Buyers Club’ is astounding. He’s also won the category in practically every show this season, making him the one to beat.

McCollough: Jared Leto, ‘Dallas Buyers Club’

I think it’s safe to say that nearly every actor in this category would be deserving of a statue, but sadly, there can be only one. Jared Leto will get the Oscar for his performance in Dallas Buyers Club and more than deserve it in this stacked category.

Best Supporting Actress:

Quick: Lupita Nyong’o, ‘12 Years a Slave’

Lupita Nyong’o delivered a devastating as Patsey in ‘12 Years a Slave,’ blowing away all other contenders in my opinion.

Hamden: Jennifer Lawrence, ‘American Hustle’

Even if she isn’t the best actress here, she is going to win. She is one of the main reasons ‘American Hustle’ ended up being so good.

Mains: Jennifer Lawrence, ‘American Hustle’

Mainly because I’m a huge Jennifer Lawrence fan.

Zewert: Jennifer Lawrence, ‘American Hustle’

She’s coming off a win last year from ‘Silver Linings Playbook,’ so she has the momentum. The only possible upset comes from newcomer Lupita Nyong’o.

McCollough: Lupita Nyong’o, ‘12 Years a Slave’

Unlike the Best Supporting Actor category, in the area of supporting actress Lupita Nyong’o’s the only choice. Yes, we all love the whimsical Jennifer Lawrence, but the Academy Award is Lupita’s to take.

Best Animated Feature:

Quick: Despicable Me 2

‘Despicable Me 2’ was an improvement on the original with an even better voice acting cast, especially the well placed team of Steve Carell and Kristen Wiig.

Hamden: ‘Frozen’

I haven’t gotten to see ‘The Wind Rises’ yet, but I think it’d be hard for anything to beat the ‘Frozen’ hype train.

Mains: ‘Frozen’

I think they will easily walk away with this one as it’s the best animated movie I’ve seen since I was a child.

Zewert: ‘Frozen’

I have been singing the songs for the better part of the past two months. There’s no way this doesn’t walk away with the prize.

McCollough: ‘Frozen’

Duh. No contest here, to choose any other movie proves an Academy of frozen hearts.



IOWA STATE 83 | WEST VIRGINIA 66



STEPPING IT UP

Ejim misses minutes, Iowa State ‘gets revenge’ against West Virginia

By Alex.Halsted
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Melvin Ejim went out, and others stepped up.

When the Big 12’s leading scorer went to the bench with four fouls in the initial minutes of the second half Wednesday night, there was Georges Niang. Overshadowed? Not on this night.

Naz Long found his 3-point rhythm, and Dustin Hogue did the work inside. Monte Morris was the facilitator, and No. 15 Iowa State (22-5, 10-5 Big 12) pulled away with an 83-66 victory against West Virginia (15-13, 7-8) without its senior leader for much of the second half.

“It’s a great sign,” said ISU coach Fred Hoiberg. “I thought overall when Melvin went out, collectively the guys came together and did a great job of not only keeping the lead but extending the lead.”

A far cry from the lopsided 25-point loss last time the two teams met more than three weeks ago. This time the Cyclones hit 3-pointers and played defense.

The intensity of the last meeting — a flagrant foul on Hogue and a flagrant two on West Virginia’s Eron Harris — carried over. Harris was booed with each subsequent touching of the ball and West Virginia coach Bob Huggins was handed a technical foul in the first half.

Ejim picked up technical as he pleaded with the official only 2:44 into the second half, sending him to the bench for the next 15:08 of action.

When West Virginia cut it to a 4-point game soon after, Long hit a 3-pointer from the corner and Niang countered on the ensuing possession with a 3 from the top, holding his hands high above his head as he retreated down court.

The Cyclones never looked back, countering every West Virginia run before ending the game on a 9-1 run for a 17-point win.

“They made shots,” said West Virginia coach Bob Huggins. “They forced us to help and they made shots.”

Niang finished with 24 points, including nine after Ejim hit the bench. Long made five 3-pointers, Hogue scored 11 of his 15 in the second half and Morris set an ISU single-game freshman record with 12 assists.

No Ejim, no problem.

“Coach just tells everybody when your number is called just be ready and prepared,” Morris said. “We trust each other to make shots and make plays.”

That resulted in keeping pace with Texas for the second spot in the Big 12 and getting revenge on its worst loss of the season.

“When someone embarrasses you away from your home court, you obviously have revenge on your mind,” Niang said. “I feel like we did a good job of getting them back.”



Kelby Wingert/Iowa State Daily
Sophomore Georges Niang fights his way through two West Virginia players on Wednesday. Niang had 24 points in 39 minutes for Iowa State. The No. 15 Cyclones defeated the Mountaineers 83-66.

Cyclones defeat No. 15 Cowgirls in Stillwater

By Dylan.Montz
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For the first time since Jan. 25, the Iowa State women’s basketball team found a way to close out a conference game away from Hilton Coliseum.

Iowa State cruised to an 86-69 win against No. 15 Oklahoma State in Stillwater, Okla. on Wednesday night behind a 26-point performance by freshman guard Jadda Buckley.

Junior point guard Nikki Moody got involved in almost every facet of the game, nearly recording a triple-double. She finished with 10 assists, 10 rebounds and nine points.

Four of the five ISU starters scored in double figures including Buckley’s 26 point effort. Senior Hallie Christofferson and junior Brynn Williamson each had 17 points, while Seanna Johnson scored 14 points and added seven rebounds.

After going down 2-0 early, Johnson canned a layup for the Cyclones giving Iowa State a 3-2 lead. On the ensuing possession, Christofferson nailed a 3 of her own to open up a 6-2 lead. Oklahoma State was never able to lead again in the contest.

Iowa State was powered by prolific shooting from beyond 3-point range. The Cyclones knocked down 15 3-pointers, shooting 41.7 percent from deep compared to the Cowgirls’ 2-of-14 shots made from beyond the arc.

Despite 13 turnovers by Iowa State, the Cyclones finished with 20 assists on 29 field goals, while shooting 52.7 percent from the floor. Iowa State also narrowly owned the rebounding battle, grabbing 35 boards compared to 33 by Oklahoma State.

The ISU win avenges a 69-62 loss by the Cyclones against the Cowgirls in Hilton. Iowa State moved to 19-8 overall this season and 8-8 in the Big 12.

Next up for the Cyclones is a trip to Kansas on Saturday. Iowa State won the first matchup against the Jayhawks 72-69 on Feb. 15. Tipoff is scheduled for 7 p.m. in Lawrence, Kan.

Men’s track and field to use prior momentum in Big 12 competition

By Kyle.Kubiak
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Track and field can sometimes be a sport based all on momentum. Momentum when in the running, jumping and training.

The athletes also use momentum to carry them through the season, both indoor and out. Now, the Iowa State men’s track and field team will try to use momentum carried over from practice for the Big 12 Indoor Championships this weekend.

“Meets prior to the Big 12’s are about improving and working towards the Big 12’s,” said ISU assistant coach Glenn Smith.

The athletes must find out what works for them, decipher the problems, and move on to the next event. Sometimes that is in the same weekend, but most of the time, it is one event one weekend, and then wait until the next.

No matter when the event is short time of competition pales in comparison to what takes place in practice leading up to a meet.

“You can work all week long for one 7-second race and be done in a weekend,” said junior sprinter Ivan Tamba.

Iowa State will be hosting the eight other teams that make up the Big 12 at the Lied Recreation Center for the conference indoor meet with Baylor, Kansas, Kansas State, Oklahoma, Oklahoma State, TCU, Texas and Texas Tech all representing themselves in Ames.

The meet is scheduled to start at 3 p.m. Friday, beginning with the weight throw and the 800-meter run.

“The Big 12’s is a meet where all the pieces come together,” said ISU assistant coach Jeremy Sudbury. “All athletes are at one place competing as a team more than as an individual.”

The team hopes to build off the high finishes the Cyclones have been putting out in recent meets. Also, the men’s squad will look for Edward Kemboi to grab his first ever indoor Big 12 championship.

He is currently the holder of the fastest 800-meter time in the nation this season.

The Cyclones have already competed against the majority of these teams in prior weekends, but the coaches have stressed



Iowa State Daily
Junior Alexander Dillenbeck sprints as he approaches the finish line during the regional cross-country meet on Nov. 15, 2013 in Ames.

to not worry about the opponent and focus on themselves as an individual.

“We tell our kids that the clock doesn’t matter,” Sudbury said. “It is just about going out there and seeing where we stack up in the conference.”

Iowa State will also be looking for junior distance runner Alex Dillenbeck to improve from his top-10 finish in the mile from last weekend’s meet in South Bend, Ind.

“I’m looking to run a smart race,” Dillenbeck said. “The Big 12’s and any big meet forces the mile to be more of a tactical race where I have to run smart and strong.”

Cost for single day admission is \$7 for an adult or \$3 for a student and \$10 for an adult or \$5 for a student for both days.

“I’m excited to show how far we have come as a team from last season’s Big 12, it should be a good one,” Dillenbeck said.

Women’s track and field to host championship, favorite prepare

By Chris.Wolff
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The indoor track and field season is coming to a close, but not before a few champions will be crowned. Athletes from the Big 12 will have an opportunity to do that this weekend at the Big 12 Indoor Track and Field Championships.

In addition to potentially winning a Big 12 title, this is also the final chance athletes will have to qualify for the NCAA Indoor Championships, which will be held in two weeks.

The ISU women’s track and field team has a chance at crowning a few winners this weekend, and have the added bonus of the meet being held at its home track.

Ejiro Okoro currently owns the third fastest time nationally in her main event, the 800-meter run. Okoro comes in as the favorite in the event and will be gunning for her first Big 12 Championship.

“It’s a really good field, but we’re going to say bring it on and let [Okoro] control the race,” said ISU assistant coach Andrea Grove-McDonough.

Okoro also has the added benefit of already qualifying for the NCAA Championship meet, which she said takes the pressure off and allows her to relax.

“I feel more relaxed and chilled now, because I already have my qualifying standard,” Okoro said. “It frees me up so that I can just go run my race



Iowa State Daily
Ejiro Okoro leads the way in a race during the Big 12 Track and Field Championships on Feb. 24, 2013. Okoro is trying for her first Big 12 Championship at this year’s competition.

and not worry about any of that.”

Another favorite to win a Big 12 title is Christina Hillman. The All-American junior currently owns the top shot put in the nation on the season and is coming off a sixth place finish at the USA Indoor Championships, where she was the top collegiate finisher.

Distance runner Bethanie Brown will also be eyeing a title. Brown was a cross-country All-American earlier this season, and that has given the freshman confidence throughout the indoor track season.

“I think being an All-American in cross-country was like a wake up call,” Brown said. “It showed me I could be competitive at this level.”


Brown has ran the anchor leg of the women’s distance medley this season, which has a good chance at winning a Big 12 title, and a shot at punching a ticket to the NCAA

Championships as well. Brown has also competed in a number of distance events throughout the course of the season.

“[Big meets] don’t phase Bethanie Brown and that’s the reason why she made such an impact as a freshman, which is unusual,” Grove-McDonough said. “She has a lot of poise and she really, really prefers the big meets.”

Besides individual efforts, the team is also eyeing a Big 12 team title. It will be the first time all season that a team score will be taken into account. Having a team score, as opposed to just racing for individual finishes, provides extra motivation to the athletes.

“I think there is a heightened sense of excitement and maybe some nerves...but I think team competition always brings out the best in athletes,” Grove-McDonough said. “There is a bigger picture than just the individual side.”



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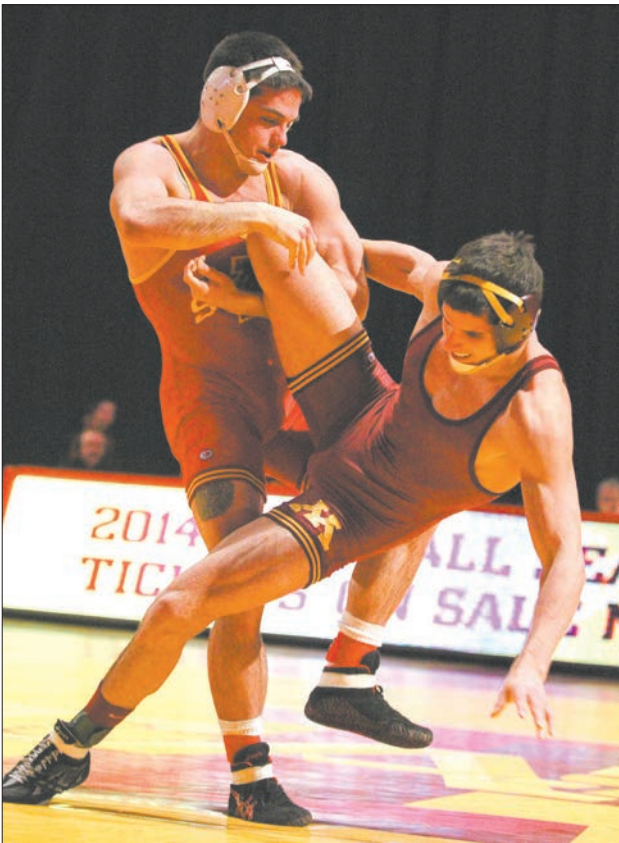


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Wrestlers seek fresh start to take Big 12 title in postseason



Tiffany Herring/Iowa State Daily
165-pound Michael Moreno throws his opponent, Danny Zilverberg, during the dual against Minnesota on Feb. 23.

By Ryan.Young
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With the regular season over, the ISU wrestlers have a new mindset: a fresh start.

“For a lot of people, they’re just excited to start the postseason,” said 165-pounder Michael Moreno. “You get to start over, it’s the postseason now. You’re 0-0, records are out the window. Just go win a Big 12 title, you don’t need a good record for that.”

The Cyclones have struggled to find consistency throughout the season, however some seem to think that’s changing, at least on some level.

Moreno, who is embracing the “fresh start” that March brings, doesn’t have much to shed from the regular season. The All-American finished the season with a record of 25-6, one of the best marks on the team.

But to the redshirt junior, his record is nothing

more than just a number.

“I couldn’t tell you my record right now, honestly,” Moreno said. “It’s just not important to me. Every time I step on the mat, I try to maintain a 0-0 mindset [and] 1-0 is always the goal for me.”

Moreno also heads into the postseason having won six-straight matches, and he recorded his 60th career win last weekend against Minnesota. The redshirt junior even led the team in takedowns this season with 39.

Even though Moreno might not pay attention to the statistics himself, others are starting to take notice.

“I think Mike’s got a great opportunity to become a Big 12 Champion,” said ISU coach Kevin Jackson. “He’s got to get through that first match, that Oklahoma kid. But once he gets past him, I think he’s got a great opportunity. I know he’s looking forward to that.”

It’s not just Moreno

who is starting to peak at the right time. Jackson sees throughout his team that they are ready to step up to the challenge.

“It’s an exciting part of the season,” Jackson said. “Dual meets are fun, but this is the real season. The guys are ready for it, and we have some guys who are really eager for the Big 12 Championship to begin. It’s an exciting time.”

Iowa State heads into the Big 12 Championships coming off of a second place finish last year. The tournament’s initial front runners are Oklahoma and Oklahoma State, which could mount an interesting challenge for the Cyclones.

Both the Sooners and the Cowboys defeated Iowa State in the regular season, and have been ranked consistently in the top 10 all season. However, because Iowa State has seen these two teams in action once already, Jackson feels he may have a bit of an advantage.

“Both teams are very, very strong,” Jackson said. “Oklahoma and Oklahoma State have had really great seasons. There will be some great matchups for us. The best thing about it is that we’ve seen everybody that we’re going to face. It’s going to come down to who wants it the most.”

But the question may remain how Iowa State can actually come out on top in the Big 12. The team feels that if the wrestlers can finish out the close matches, and perhaps snag a win that they maybe weren’t supposed to, that they would have a good shot.

“We have to go out and win the close matches,” Moreno said. “We need to go out there and steal away some of those matches that we didn’t win last time. Also, we’re going to have to get some upsets in there. We’re not favored in a lot of weights, but guys are going to have to go in there hungry for a title. If we take care of business, then we’ll be all right.”

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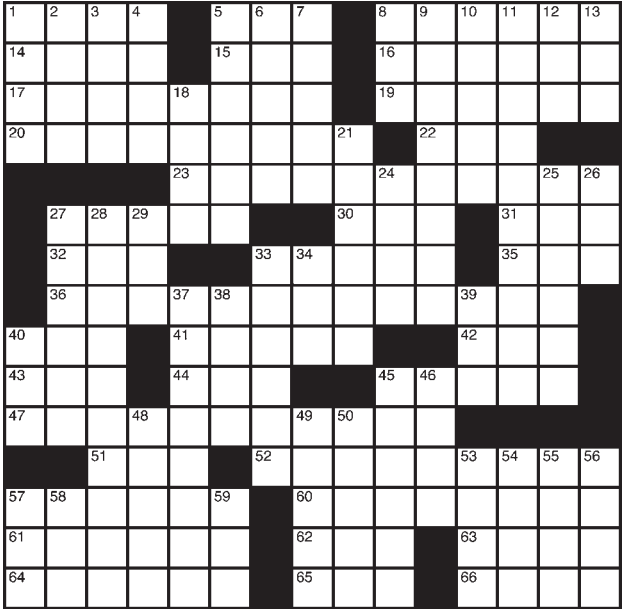
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Crossword



- Across 1 Sunshine State resort 5 Country in which Quechua is an official lang. 8 Transforms, as for a different medium 14 "Downton Abbey" title 15 Tablet maker 16 Osaka-born violinist 17 "Place for a soak in Bangkok?" 19 Alligator cousin 20 Abuse 22 Holy territory 23 *Mumbai baby food? 27 Musical ability, in slang 30 As well 31 Mimic 32 Edward Jones Dome NFL player 33 Rank below abbot 35 Oilers' org. 36 *Low point in Oran? 40 Shareable PC file 41 Mah- 42 2011 NBA retiree 43 Porter, for one 44 Effusive musical genre 45 Knoxville sch. 47 *Stance in a Mon-terrey studio? 51 Poker haul 52 Green Lantern or Green Arrow 57 ___ license 60 Emergency fund ... or what the second part of each answer to a starred clue ends with? 61 Mysterious 62 Teacher, at times 63 Dig for 58-Down 64 "We're outta here!" 65 Stop: Abbr. 66 What the nose knows
- Down 1 Behrs of "2 Broke Girls" 2 Vans Triple Crown of Surfing locale 3 Stuff 4 Et ___ 5 Mastermind 6 Pie slices, often 7 "Swing Shift" Oscar nominee 8 Film buff's channel 9 Scattering of an ethnic population 10 Continental farewell 11 Toy dog breed 12 Melodic syllable 13 Preacher's topic 18 Brief upturn 21 Getting down 24 It may come before one 25 "I Feel Bad About My Neck" writer Nora 26 Long swimmer 27 Carry protectively 28 Anticipate uncertainly 29 Bit of shocked text 33 Evergreens with edible nuts 34 Lurid paper 37 Escaping à la James Bond, perhaps 38 Ovoid tomato 39 Microscope slide additive 40 Non-stick brand 45 Applied to 46 Time between inaugurations 48 Little bits 49 Inflation causes 50 Bridget Riley genre 53 ___ erectus 54 Oklahoma city 55 Attorney general after Barr 56 ___ and terminator: criminal court 57 Sidekick 58 See 63-Across 59 Business VIP

Horoscope by Linda Black

- Today's Birthday (2/27/14) With disciplined focus, your garden overflows with abundance this year. Creatively, you're on fire, especially through August, when career takes off. Make time for romance over summer and autumn. Balance home and work responsibilities with organization, partnership and communication. Release stress with delicious food, exercise and rest. Love keeps your batteries charged. Indulge.
- To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.
- Aries (March 21-April 19) Today is a 6 -- Surround yourself with friends. Ask them what they love about their lives, and what contribution they'd like to make to the world. Listening is the key, so open up your ears. Get a sweet surprise.
- Taurus (April 20-May 20) Today is a 6 -- Let your partner do the talking first. Advance your agenda together. Double-check the data. Then send out the news. Let others know what you need. Revise your resume to include recent work. Sign on the dotted line.
- Gemini (May 21-June 20) Today is a 7 -- Get clear on practical details. Keep track of the numbers involved. Study the situation, and talk it over with someone experienced. Unearth a brilliant idea. Together, you find the answer you were looking for.
- Cancer (June 21-July 22) Today is a 6 -- Old business falls away as you grasp a new task ahead. Good communications increases efficiency. Manage responsibilities. Share with family. Set up structures for support.
- Leo (July 23-Aug. 22) Today is a 7 -- Ask questions about the job. You're seeking a mutual win. It's not just beginner's luck. You've got the skills. Conclude negotiations in a stroke of genius. Spirit and mind connect. Review all details. Together, you're much smarter.
- Virgo (Aug. 23-Sept. 22) Today is an 8 -- Clean up your home communication center. Don't overlook anything. You're a master of your craft. A conflict of interests could provide obstacles. Account for every penny. Fix it before it breaks. Relax.
- Libra (Sept. 23-Oct. 22) Today is a 6 -- Complete your personal correspondence, and get the word out. Listen for your message, and express it clearly. Someone's saying nice things about you. Include thanks and appreciations in your communications.
- Scorpio (Oct. 23-Nov. 21) Today is a 6 -- Express your affection. Let others know what you want, and listen for what they do. You may be able to work out a trade. Confidence and profit are on the rise. Luxuriate at home.

Sagittarius (Nov. 22-Dec. 21) Today is a 6 -- Use tried and tested techniques applied to your brilliant idea. Confer with the family. Your commitment is bigger than whatever your considerations are. Evolve your ideals to suit a new perspective. Communicate your vision.

Capricorn (Dec. 22-Jan. 19) Today is an 8 -- Agree to move forward with the plan. You're fascinated by new ideas. Discuss implications from current events, especially financial. Some of your theories can succeed. Listen carefully for advantage and opportunity. Write down profitable ideas.

Aquarius (Jan. 20-Feb. 18) Today is an 8 -- Put your feelings into your work, and get playful. An unexpected reaction could be genius. Find a smarter way to spend. Think before you speak. News could seem intense. There's no need to seek a new partner.

Pisces (Feb. 19-March 20) Today is a 5 -- Seek fresh inspiration. Find another way to work smarter. Negotiate for a better deal, when you discover a truth you hadn't seen before. Sign off or cast your vote. Get lost in thought. Begin writing.

Sudoku by the Mephram Group

			1		5			
	6	2			3		9	8
		1				4		
	8			2				6
	1	4				5	3	
7				5			8	
		7				6		
6	4		5			8	2	
			9		2			

LEVEL: 1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

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